4-H Healthy Living Logic Model - OVERVIEW

Situation

 $\Box \rangle$

Inputs

Activities

Outputs

Outcomes

Description of challenge, problem, or opportunity:

- Importance of delivering and developing healthy living learning opportunities for a wide variety of youth and their families
- Increasing knowledge, skills, competencies, and adoption of healthy behaviors among youth and their families
- Providing developmentally appropriate learning opportunities that promote optimal physical, social, and emotional well being for young people
- ■Using 4-H youth development resources adequately
- Need for improved physical and socialemotional well-being

What we invest:

- Evidence-based curricula and programs
- Land Grant and public Universities
- Human resources
- Existing 4-H Youth
 Development and Families curricula, delivery modes, and programs
- National reports and standards that establish benchmarks for Healthy Living Outcomes
- Support of national partners
- Research and literature focused on health issues, youth, family and community development
- Financial support
- Relationships with national, regional, state and local health experts, networks, advocates and facilities
- Youth leaders and partnerships with young people
- ■Electronic resources

What we do::

- design and implement multicomponent learning opportunities
- Create evaluation mechanisms to measure the effectiveness of 4-H Healthy Living learning opportunities
- •Create a system of professional development opportunities, ensuring that staff and volunteers are prepared to offer healthy living learning opportunities
- ■Provide a wide variety of effective Healthy Living curricula
- ■Create a clear national message to generate awareness and promote 4-H HL learning opportunities
- •Use public and private funds at the local, county, state, regional and national levels to support the 4-H Healthy Living Mission Mandate
- •Forge partnerships within Extension and with others interested in the promotion of physical, social, and emotional well-being of youth and their families

Who we target:

- Youth, families, staff, volunteers, community leaders, and partner organizations
- Special focus on new and underserved audiences

What we produce:

- •Cooperative and experiential learning, nonformal education programs
- Peer mentoring
- ·Family engagement
- Projects, trainings, workshops, internships and apprenticeships
- Applied research
- Evaluations
- Convened coalitions
- •Grant proposals developed and awarded
- Needs assessment
- Social marketing campaigns
- Disseminated and replicated programs
- Published curricula and peer-reviewed articles/resources

Occurs when there is a change in knowledge or the participants **learn**:

Knowledge

Children, youth and families

 Increased knowledge, attitudes, skills and aspirations to promote optimal physical, social, and emotional health habits

 identification of community resources which effectively address the physical and social-emotional well-being of young people Occur when there is a change in behavior or the participants act upon what they've learned and:

Actions

Youth

- Increased adoption and mastery of healthy behaviors that lead to a healthy lifestyle
- •Increased use of 4-H Healthy Living knowledge and skills to address community health issues in regards to physical, social, and emotional well-being
- Youth and Families
- Increased youth and family engagement in 4-H Healthy Living opportunities

Occur when a societal condition is improved due to a participant's action taken in the previous column.

Conditions

Youth and families

- Increased number of individuals maintaining positive health habits
- Children, youth and families
- Increased number of individuals at a lower risk for serious disease and illness
- Increased number of youth at a lower risk for physical and emotional distress
- Increased health benefits while reducing health care costs and improving quality of life

Family

- Maintained healthy lifestyles as adults
- Engaged with youth health programs as leaders, community decision-makers, and/or adult sponsors for 4-H Healthy Living activities

ASSUMPTIONS — Extension is ready to make unique contributions to the health and well-being of young people and their families; youth and their families will need to be involved in meaningful learning experiences; 4-H Healthy Living program development and implementation will focus on the risk and protective factors that influence the health outcomes of young people; health behaviors are complex and there will continue to be risk and protective factors on which 4-H HL programs will have little impact; youth will have more variety and opportunities in all facets of their lives, allowing 4-H HL programs to evolve accordingly; youth and their families can improve their health through increased healthy living knowledge, taking advantage of resources, and by reducing health risk factors; youth and their families have the ability to reach optimal physical, social/emotional health, and well-being

EXTERNAL FACTORS — Demands on family time will continue to be a factor in the programs they choose to participate in over time; families will continue to face resource constraints; changes in society and health practices/services/access will impact young people and their families; research will continue to inform the connections between healthy living and positive youth development; obesity prevention and health improvements will continue to be a core mission of USDA/AGRI and state Extension systems.